**List of Roman Food Prices**

**1. Liquids**

| Ingredient | Ingredient Cost | Amount Per Cost of Ingredient |
| --- | --- | --- |
| Possum (grape juice mixed with honey) | 8 denarii | 1 cup |
| Vinegar | 3 denarii | 1 cup |
| Liquamen (Anchovy Paste in the recipe) | 8 denarii | 1 cup |
| Wine | 4-15 denarii | 1 cup |
| Defritum (Fig Syrup in the recipe) | 10 denarii | 1 cup |
| Olive Oil | 20 denarii | 1 cup |
| Milk | 1 as (1/8 denarius) | 1 cup |
| Honey | 5-20 denarii | 1 cup |

**2. Fruits and Vegetables**

| Ingredient | Ingredient Cost | Amount Per Cost of Ingredient |
| --- | --- | --- |
| Dates | 1 sestertius and 1 as (1/5 denarius) | 1 cup |
| Melon | 2 denarii | 1 melon |
| Pears | .5 denarius | 1 pear |
| Celery | 1 sestertius and 1 as (1/5 denarius) | 1 cup |
| Raisins | 1 denarius | 1 pound |
| Onions/shallots | 2.5 denarii | 1 cup |
| Leeks | 1 sestertius and 1 as (1/5 denarius) | 1 cup |
| Green Beans | .5 denarius | 1 cup |
| Lettuce | 1-2.5 denarii | 1 head of cabbage/lettuce |
| Garlic | 1 sestertius and 1 as (1/5 denarius) | 1 cup |

**3. Meat**

| Ingredient | Ingredient Cost | Amount Per Cost of Ingredient |
| --- | --- | --- |
| Veal (or beef) | 8 denarii | 1 pound |
| Fish (tuna or other) | 25-40 denarii | 1 pound |
| Chicken | 30 denarii | 1 pound |

**4. Herbs, Spices, and Flour**

| Ingredient | Ingredient Cost | Amount Per Cost of Ingredient |
| --- | --- | --- |
| Cumin | 1 as (1/16 denarius) | 1 cup |
| Celery Salt | 1 denarius | 1 cup |
| Coriander | 1 as (1/16 denarius) | 1 cup |
| Flour/Cornstarch | 1 denarius | 1 cup |
| Salt | 1 denarius | 1 cup |
| General Herbs (thyme, dried pepper, oregano, onion powder, parsley, mint) | 1 denarius | 1 cup |

**5. Dairy and Nuts**

| Ingredient | Ingredient Cost | Amount Per Cost |
| --- | --- | --- |
| Milk/Butter | 1 as (1/8 denarius) | 1 cup |
| Eggs | 1 denarius | 1 egg |
| Cheese | 8 denarii | 1 pound |
| Nuts | 1 sestertius and 1 as (1/5 denarius) | 1 cup |
| Sesame Seeds | 2 denarii | 1 cup |

**List of Professions: Roman World**

| Profession | Wages | Frequency of Payment | Extra Perks |
| --- | --- | --- | --- |
| Farm Laborer | 25 denarii | daily | two meals a day (bread, water, and beans) |
| Painter | 75 denarii | daily | two meals a day (bread, water, and beans) |
| Carpenter | 50 denarii | daily | two meals a day (bread, water, and beans) |
| Baker | 50 denarii | daily | two meals a day (bread, water, and beans) |
| Camel Driver | 25 denarii | daily | two meals a day (bread, water, and beans) |
| Shepherd | 20 denarii | daily | two meals a day (bread, water, and beans) |
| Mule Driver | 25 denarii | daily | two meals a day (bread, water, and beans) |
| Veterinarian | 6 denarii | per animal treated (average 2 per hour) | None |
| Barber | 2 denarii | per man (average 2 per hour) | None |
| Sewer Cleaner | 25 denarii | daily | two meals a day (bread, water, and beans) |
| Tailor | 4-20 | per clothing item (average 2 per hour) | None |
| Elementary Teacher | 50 denarii | per student, monthly (average 20 students) | None |
| Latin/Greek Teacher | 200 denarii | per student, monthly (average 10 students) | None |
| Clothing Guarder at bathes | 2 denarii | per person | None |
| Bath Attendant | 2 denarii | per person | None |
| Rhetoric Teacher | 250 denarii | per student, monthly (average 10 students) | None |
| Math Teacher | 75 denarii | per student, monthly (average 20 students) | None |
| Egyptian Laborer | 1 denarius | daily | two meals a day (bread, water, and leeks) |
| Egyptian Nurse | 400 denarii | for two years of work | None |
| Egyptian Donkey Driver | 2 denarii | daily | None |

***Unit Conversion Chart:***

*use this chart to help you find out* ***how much of each ingredient you are using*** *in your meal, and therefore,* ***how much each amount of your ingredient costs.***

*1 gallon = 16 cups*

*1 cup = 8 ounces*

*1 ounce = 2 tablespoons*

*1 tablespoon = 3 teaspoons*

*1 cup = 16 tablespoons*

*1 cup = 48 teaspoons*

*1 gallon = 128 ounces*

***Currency Conversion Chart:***

*Use this chart to help you find the correct costs of your ingredients, based on Roman currency.*

*1 denarius = 4 sestertii*

*1 sestertius = 4 asses*

*1/4 denarius = 1 sestertii*

*1/16 denarius = 1 as*